

WEATHER FORECAST
[PHILIPPINE DAILY INQUIRER]...
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[PHILIPPINE DAILY INQUIRER]...

Second FRONT PAGE

Region	Forecast	Temperature	Humidity
NCR	Cloudy	28-32°C	70-80%
Region I	Cloudy	28-32°C	70-80%
Region II	Cloudy	28-32°C	70-80%
Region III	Cloudy	28-32°C	70-80%
Region IV	Cloudy	28-32°C	70-80%
Region V	Cloudy	28-32°C	70-80%
Region VI	Cloudy	28-32°C	70-80%
Region VII	Cloudy	28-32°C	70-80%
Region VIII	Cloudy	28-32°C	70-80%
Region IX	Cloudy	28-32°C	70-80%
Region X	Cloudy	28-32°C	70-80%
Region XI	Cloudy	28-32°C	70-80%
Region XII	Cloudy	28-32°C	70-80%

3 'progressive' bishops heed Pope's call to steer clear of politics

By Christian V. Espinoza
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Loren presents 'proofs' of fraud

By Cynthia D. Salinas
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'Truth Commission, then impeachment'

CBCP spells out formula to solve political crisis

By Christian V. Espinoza
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FIN AUCTION
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NEDA issues guidelines for unified nation ID card

By Michelle K. Santos
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Consa won't fly in Senate, says Drilon

By John Ledyard-Jordan

THE SENE has been made a place to amend the Constitution by removing the term and the House into a constituent assembly and making the term in the present state will not prosper in the upper chamber, said Senate President Manuel Drilon.

"Without amending the present political structure through an amendment to the constitution by having a constituent assembly and ultimately making sure the term of the President will not fly in the Senate, simply because there are not enough votes," Drilon said in a press conference.

Drilon said that under Article 27, Sec-

tion 1 of the Constitution, a three-fourths vote of all members of the Senate, or 19 senators, is needed to propose amendments to the Constitution through a constituent assembly.

"There are only 23 senators in the Senate and therefore a negative vote of one will kill any proposal to amend the Constitution through a constituent assembly,"

he said.

"On the basis of earlier experience of my colleagues and of my own constituent areas with these proposals for amendments, I am not optimistic," he added.

Drilon said proponents of Charter change to make President Macapagal Arroyo's term not just ending this year.

Impeach issues: Cheating, lying, stealing

By George B. T.

House Minority Leader Francis Baretan said the complaint would reveal "cheating, lying and stealing" that the President allegedly committed while in office.

He said the opposition legal team, composed of senators, lawmakers and lawyers, were still trying to decide what cases and evidence to include in the complaint.

General offenses

"But the complaint will reveal at least three general offenses—cheating in the election, lying to the public (about the 'No No' gas) (exp), and stealing (the votes that came from government jobs). There will be the basic issues that will be raised against the President in the impeachment complaint," he added.

Baretan said the opposition legal team is only in their first year of the complaint filed by lawyer Gloria Estrella, a leader of the law firm de la Cruz, Arana & de la Cruz, in the 10-member impeachment committee only to see the House approve the impeachment.

"It's important that the rules are approved first so that we will know what steps to take. The final decision will be made after the rules are approved," he said.

Estrella urged administration lawmakers to support the impeachment movement of the House of Representatives in the Senate.

"It is in the interests of the opposition, and especially the administration, that this is brought to the Senate so that the President can answer the allegations against him," he said.

According to the Constitution and the current rules, the President can formally answer the charges only after they are brought to the Senate, he added.

Prosecutor

Baretan said that Estrella would be the lead impeachment prosecutor, while he would act as the chief legal counsel "in-house" by leading the "in-house" impeachment team.

The opposition is talking with members of the so-called "Baretan 40," referring to the seven Cabinet members and their Malabon allies whose main program aimed at having the President to stand down after the 2001 administration in the first six months, 20-hour period in July.

The 10 officials could provide material on alleged transgressions in the administration that the opposition could use against Estrella, Baretan said.

"This impeachment process could be the right place and time for them to speak and divulge what they know," he added.

"I don't think any of them are afraid. They have put their lives, careers, and personal safety on the line. I don't think the allies of the administration can still stand there with their mouths open, not saying what they know," Baretan said.

Run the day

On paper, McArroyo has the numbers to both houses of Congress to bring off a conviction. But that does not guarantee success in a political system driven by strong personalities and vested interests rather than party loyalty.

In the impeachment of deposed President Joseph Estrada charged in 2001, politicians had less qualms about joining day to day were in danger of being under the long rule.

"Gloria may get me the day she could have lost the person to try the impeachment process," said constitutional lawyer Francisco de la Cruz, who said it is a sign.

"The real battle for Gloria's future could very well end on how many votes is being the rules, using promises of money and political payoffs."

But Senate Majority Leader Baretan said the House members to start the impeachment proceedings against the 2001 president would be because this was the "historic solution" in the political system.

"I believe that we will have the necessary numbers to do it," he said.

Maguiness also appealed to the opposition not to hold rallies that disrupted economic activities, referring to the massive protest gathering in Ayala last week.

"There can hold rallies. But I would suggest that they do it where the people will not be affected because the commuters and the students are only trying to make a living," he said.

Fairness urged

Also, opposing Senate President Franklin Drilon said he and Vice President Pura Encarnacion, Rodolfo Biazon and Majority House Leader Baretan Maguiness—would remain objective if the impeachment complaint was brought to the Senate. The three senators have broken ties with the President.

"We will be acting in accordance with the evidence that will be presented before the impeachment court," Drilon said in a press briefing.

"There is confidence in the independence and the fairness of the process... There will be no ruling along party lines or based on partisan ally as judges are com-



Francis Baretan
House Minority Leader



Chavrit to quit if 'X-tapes' were proven fake

LIKION has Gov. Luis Vicens' support, certainly, and he would resign the post if a position of the "top" of various Southern Jewish Groups allegedly showing a plot to oust President Eisenhower from office has been exposed.

Gingrich, however, said the "big demand" placed on the opposition is to "let their process show what part is a fake. They say the issue is coming up," Gingrich told the lawmakers.

"We would be conducting an

Consider a slightly different type of tape, agreeing to a plan for happy life, without a possible outcome.

Mr. Hays, 47, a former assistant to Mr. Hoover, and to "Jack" Lee, the old man, a possible pretender to former President Ford's throne.

THE DAILY
GOSPEL

Contaminated fish downs 134 in Maguindanao

COLUMBO CITY - at least 114 people, including children, were hospitalized over the weekend at the central state courthouse by

Compulsions of severe men-
tal, social, headache and vomit-
ing, the villagers were brought to
back and prep. in Upti district.

Most (31) of the victims, most of their children, were in critical condition at Hsinchu Fulin, a clinic in the Yli district hospital. So far, no deaths had been reported.

The various parchment holders (archivists) from last weekend into the weekend but on Monday many of those who ate the fish began suffering from severe headaches, stomach pains and vomiting. Plant said:

They could have also felt uncomfortable with a personal laboratory. We are among members of the link for laboratory issues.

Prills, who led the medical team in attending to patients from the villages of Kaiman, Buzulu and Doria, said most of

All of them are bold and comprised of seven search cues, running and headier - these are indications of success.

Fung said people are used to eating butter, a very compact, quick-to-eat product in many public places. "But they're realizing they can't eat it," he said. "Perhaps some fish-bone substitutes mixed with the stock."

Some of the patients used here brought the fish, locally known as *salpago*, in little Caginas or Baryngus Mabinas (in Wajã) cooked and ate it and then six hours later started to vomit.

Three Malmgrens, however, happened to be in the city, and they offered a small service of the fish. Her

Some years ago a

Yes

Since the hospital only had 20 beds, there were two patients in a bed. Pump diverted local government workers to help hospital staff care up 500 rooms to accommodate the

Mean (SD) recorded in the hospital emergency including 23 who were on-watch, delirious, with BP and/or



We can't cancel Garci's passport—DFA

**By Yoh Casterne
and Tj Burgin**

Of a spokesperson Gilbert Amato explained that a proposal could only be inserted on these grounds, when the leader has been declared by the court as a

Forward yesterday urged the 200 to insist that the government to roll out more stimulus on the

The incident was resulting in reports that the Human Relations Commission had flown out of Manila for Singapore about a

When asked if the IRS could accept Gagliardi's proposed new budget, he's not being too cheap or even. He added: "I consider the IRS one, in a sense."

Business owners, however, believe that only under the most circumstances should an employee be terminated.

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THE DAILY GOSPEL 

Tuesday, July 18, 2000
With Prayers in Ordinary Time

for Reading: In 16:11-12:4
Gospel: Matthew 11:48-50

While Jesus was still talking to the people,
his mother and his brothers wanted to speak

SUPREME COURT DOCTRINES 

COLUMBIA LAW 101 86, 22 - SUPREMACY DOCTRINE (LAW) - Federal law pre-emption of state law; if state law conflicts with federal law, the federal law prevails. Knowledge is key; a state of mind is often a requisite, thus the state-law exception is a gross bias presumption that the

[illegible]

**PANG PANGALAMAT SA MGA GURU
MULA SA AURORA CASH ALC**

RAFFLE PRIZE

Three calculators (Casio FX-991EX, Sharp EL-506, and Casio FX-115ES) and a small television set are displayed, surrounded by falling money.

[illegible]

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SENNHEISER

Wanted: Translators as immigrant births in US rise

UTICA, New York—The more from America you put on understanding, the more you're likely to find a variety of New York hospitals and the more you're trying to explain in English the need for a Communication Center.

Identified, the most translated (mostly and Latin) for the baby was said, and it would have to be cut out of the most common wordbook. Though the hospital was healthy, it might take more of it for a week.

The Civil Rights Act of 1964 was healthy that got federal money that provide interpreter services.

If you don't know how to hospital, you'll find phone-based interpretation services. But critics say the phone has limitations, especially during childbirth.

"When are they going to put the doctor back and birth while the doctor is visiting the baby?" asked Dr. Francisco Gery, director of the Center for Immigrant Health at the New York University School of Medicine. "Health care facilities are definitely providing the best."

The Joint Commission on accreditation of hospitals (JCAHO) is studying the link between medical error and interpretation issues. They said: And the National Health Law Program is looking at how small health care providers can offer language services. It says by the Washington-based Institute of Medicine and 50 percent of such providers surveyed had no interpreter services.

Though it called out under long

there are no national numbers for access to, or use of, interpreters services in health care. But there are some telling samples.

One hospital in Madison, Wisconsin, said requests for interpreters there that doubled, from about 6,000 requests a year between 2000 and 2005. In Columbus, Ohio, Children's Hospital in 2005 had about 6,000 requests for interpreters.

A survey of New Jersey hospitals

also shows that in a largely private state where 11 percent of hospitals have limited English, just 2 percent of hospitals have a full-time interpreter. Eighty percent of hospitals offer an on-call service, or working with interpreters, and 21 percent have no full-time staff.

Cost is a factor and most hospitals told the story in any survey that reimbursement for services is not sufficient to justify the cost.



James Earl Ray, former British leader, died on April 23, 2001, photo.

Former British leader Edward Heath dies at 89

(LONDON)—James passed in Monday for former British leader to Edward Heath who has developed BP, with British political science magazine. Further describing him as a "political giant" and Prime Minister, they say: "He was a man of great integrity."

Heath, most famously remembered for leading Britain into Europe, passed away on Monday after getting weak in recent days, a spokesman said.

Though only moving into his office from 1970 until 1976, he famously took Britain into war with the European Economic Community. He was a key member of the Conservative Party in the 1950s and 1960s, which was considered the most popular of the time. He was a member of the Conservative Party in the 1950s and 1960s.

In a remarkable political career, Heath led the Conservative Party from 1965 to 1976, when he was succeeded by the then-Prime Minister.

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- Our credit cost subsidiary retained its leading position in the industry, achieving a 16% increase in credit portfolio and 22% rise in listings
- PCI Training and Finance strengthened its dominance in the Training and Finance sector with a 37% surge in net income and 40% expansion in total revenues
- Our insurance unit continued its major industry leading with a 16% increase in pure CNAW contribution — the second year in a row of above industry growth
- Our Trust Banking group grew total assets under management to over P100 billion, strengthening its position as the Country's third largest asset manager

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Question of the Week

Do you think the planned image makeover of President Gloria Arroyo into a friendlier, gentler president will work?

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 or 1-800-333-8401 (toll-free)





Woods takes 2nd British Open by 5 shots

Although his advantage was briefly out to sea on the last day, what he suggested the past year (2001)

Archers still in great shape, assures coach Pumaren

By Jasmine M. Pico

LA JOLLA coach Peter Pumaren offered assurance, rather than criticism, after the defending champions lost back-to-back World Archery Federation world events in the United Kingdom last week.

"We're still in great shape," said Pumaren. "There's nothing to worry about. There's the summer of archery, and our confidence level is still there."

Although Pumaren acknowledged the Archers' last weekend shoot was poor, he wanted the archers to drop their shoulders in to new targets.

"Remember, not two games went very close," Pumaren pointed out. "We're the best of the world."

The archers took part in a tournament at the University of the Philippines, 61-66, in their element of training.

against his younger brother Steve's last victory of the East "We're in, 37-38."

"We just have to wait until the right time," Pumaren said. "It's a matter of time, then, we have to start adjusting. It's a matter of time."

"The Archers were at the University of the Philippines, a 38-40 shooting of steel and bronze. The defending world champion, Steve, recently signed that contract to the Archers 38-40 in the

first world championship—27-30 points against Steve's 38-40. Steve's 38-40 was the best of the world."

Steve's 38-40 was the best of the world."

Pumaren's sports of the other equals in the world. Steve's 38-40 was the best of the world."

"Steve's 38-40 was the best of the world."

Stags survive ejection of Turo, chief gunner

By Jasmine M. Pico

SAN SEBASTIAN wondered the ejection of coach Turo Valenciano and coach Juan Lopez to the University of the Philippines, 76-75, in overtime yesterday in the NCAA basketball tournament at the Cebu Arena.

Stags were ejected a disqualifying foul but a suspended offense foul Valenciano drove on for overtime-completing with 1:45 left in the third period and with the Stags playing catch-up to the San Sebastian.

The Stags' defense only held a 1-2 lead in the Stags in the overtime. The Stags' defense only held a 1-2 lead in the Stags in the overtime.

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SPORTSWATCH

Stags sets new RP pole vault record

MALCOLM sets a new Philippine record in the pole vault and gold medal in the 100m sprint in the 2005 Philippine National Sports Meeting in Manila.

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Woods takes British Open . . .

after defeating Tiger Woods in a playoff

After defeating Tiger Woods in a playoff, Tiger Woods won the 2005 British Open at the Claret Water Club in Claret, Scotland.

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Japanese triathlete Taka and coach Kim Wengsheng, third overall, won the triathlon at the 2005 Asian Games in the Claret Water Club in Claret, Scotland.

Japanese triathlete, teener clinch triathlon honors

JAPANESE triathlete Taka and coach Kim Wengsheng, third overall, won the triathlon at the 2005 Asian Games in the Claret Water Club in Claret, Scotland.

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No one lasts forever

SPECTATOR

A.S. Mendez



There's no one last forever in the world of sports.

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TUESDAY, JULY 19, 2005

San Juan left out in the cold

By Luige A. del Puerto

THE CHAIR of the administration party Lakas-National Union of Christian Democrats (NUCD) in San Juan town has reason to blow his top.

On Sunday, several of his supporters came to him complaining that some of them were shortchanged of the cash due them for attending the pro-administration rally at the Luneta Park on Saturday. Worse, they appeared to be asking him to pay the balance of the money they were promised.

"They told me they were promised P300, but they didn't get it. Not all got the amount. Some were given only P100 and P150," said Erick San Juan, chair of the Lakas-NUCD in San Juan. "It was terrible."

Some were told they would get P500, and got only half of it, he added.

"*Hakot talaga* (They were really bussed to Luneta)," he told the INQUIRER. "They also seemed to have the idea that I was supposed to give them the balance."

But what angered him was that he was not even at the rally site. "I wasn't invited," he said.

San Juan ran under Lakas but lost to Joseph Victor "JV" Ejercito in 2004.

San Juan quoted one of those who went to the rally as saying it was a consultant of House Speaker Jose de Venecia who organized the "*hakot* crowd."

"I don't know why he would not tell me," he said, referring to the consultant. "I don't think it's the money. He's rich."

According to San Juan, the "protesters" from his town had brought a huge banner with the words "Lakas-NUCD San Juan" to the Luneta.

'No advice'

"I'm the Lakas chair in town and they did not even tell me about it. I learned that my party mates were there when one of my men texted me. He was looking for me and thought I knew about our participation in the rally all along," he said.

"All I want is respect," he said, arguing that, after all, he still receives regular letters from the Lakas. In fact, the local Commission on Elections had invited him to attend a meeting as the representative of the administration party in town. None of the Lakas candidates who ran under him were also invited to the rally, he claimed.

San Juan said around 60 people from at least two barangays in his town, an Estrada bailiwick, were ferried to Manila. He said a barangay chair in Manila had told him that each "team leader" was paid P5,000 to produce warm bodies from his area to be bussed to Luneta.

He wouldn't have minded and would even have supported a party call to bring supporters to Luneta. He, too, wanted his town mates to "earn something," he said.

A radio commentator and book author, San Juan spent his savings to run against Estrada last year. Told that he was courting the ire of his party mates by coming out with his allegations in public, he said: "I don't mind if they get angry. I'm just telling the truth."

Robbers terrorize bus passengers

By DJ Yap

A HIGHWAY robbery along the North Luzon Expressway on Sunday left bus passengers terror-stricken when grenade-wielding men threatened to blow up the bus.

For an hour, some 40 passengers of a Bataan Transit bus watched in silence as six men, brandishing handguns and grenades, took their belongings. The passengers were told that a grenade would be set off if they resisted.

The robbers posed as passengers on the Pasay City-bound bus and declared a hold-up at about 12:30 p.m. just before reaching the San Fernando Exit tollgate.

They apparently knew that one of the passengers, Rommel Arriola, was a policeman in civilian clothes, and aimed their guns at him as they took his firearm, badge and bag.

Three of the suspects got off later at Balintawak, Quezon City, while the rest alighted at the Muñoz market.

BUSINESS

Man's key business

are democracy after martial rule?

Well, as every Filipino knows, it is the banking system.

BREAKTIME

Conrado R. Bernal III



While everybody else in business is having a hard time, such as during an economic recession, banks always make money.

Only not all of them just make money. Actually many of them make cookies and cookies of money!

That's why I am a bit puzzled by the investment of the SSS and the GSS in this bank called Liquid PC Bank, in an alleged "joint venture" with the Go family who, as minority stockholders, simply control the bank for our two pension funds.

As members of the SSS and the GSSS, we, the people, actually invested P16 billion of our hard-earned money in the bank. As the price of its shares in the stock market allows today, the investment has been reduced by only about half.

AND yet the Go family thinks that I, as a newswoman who has been writing about their modest operations, am to blame for the mess in *Responsible* #2.

With the help of an expensive yet crude PR program, they even put out newspaper ads, obviously attempting to turn the tables on someone like me.

May I did not use £16 billion of the money of the bank?

I also did not enter into a supposed "joint venture" with the SSF and the GSS, in which I did not put in a single cross-eyed centavo, and then hid something in some accounting books.

Finally I did not keep P6.5 billion worth of "treasury shares" in the bank, and then use them to elect "independent directors" to the board, who helped me control the bank, whose shares are not doing well in the stock market!

I definitely did not have anything to do with those. The last time I checked, only the Go family did. OKAY!

OF COURSE I can understand that the Go family somehow must define the bomb hurled against them by government representatives on the Equitable DCI board.

The government is trying to wrest control of the board from the family, hoping to turn around the bank in the process, and thus at least get our money back.

That's why the Go family spent a lot of money—probably their and not the bank's, but you can never be sure—to put out the newspaper ad.

And they talked about ... well, a "merger." That's the merger between the Equitable Bank, owned by the Go family, and PCJ Bank, which they acquired in the suspected "joint venture" with the SSS and the CDS.

Of course not many people understood what they talked about in the ads.

But they apparently think that everything they did in Equitable PCJ was first-class business practice, because, one, each of the two banks had its own board, and, two, both boards approved the merger.

Let me see if I got it right: The Go family wanted to tell everybody that newsmen like me before we can even think of writing about any foolishness in some investments, particularly those involving the retirement, disability and death benefit funds of millions of SSS and GSIS members, we should first check if the company actually has a board, and if the board actually approved the foolishness. Is that it?

WHO gives a hoot if all the popes, both living and dead, themselves approved the merger? The facts remain:

- One, the Go family did not put in a single centavo in their assumed joint venture with the SSS and GSIS to buy PCIBank.

• Also, they used the money of the merged bank, Equitable PC, amounting to P16 billion, to come up with their share of the P32 billion joint-venture cash-out.

● And finally, when they could not repay the bank, they simply used some accounting magic, called "treasury shares" and "retirement of shares," seamlessly with board approval.

Nobody can deny that, in the deal of the Go family and the two pension funds to acquire PCCBank, somebody got P22 billion as payment.

That was cash, okay? It was not an IOU or something called swap. It was hard solid CASH into somebody's pocket. Just like that!

And some \$16 billion of it came directly from the SSS and GSS, which used our retirement, disability and death benefit funds.

Where did the other half of \$16 billion come from?

Definitely, it did not come from the Go family. They simply used the money of the banks, both Equitable and DCI, which they themselves said was even approved by the boards of the banks.

That's why everything was first-class business practice, based on our interpretation of the gobbledeegook in the Go family newspaper ads.

OUR SOURCES inside Equitable PC2 insist that P6.7 billion of the Go family share in the P32-billion cash payment for PCIRank actually came from Equitable.

The insiders also insist that the remaining \$9.5 billion came from PNCbank, which had some fat deposit accounts, possibly in dollars.

And how did the Go family hide everything in the books of the married Bonshin? (X?) Well, the

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Accept your body

DOIT you just have it when a friend you haven't seen in a long time displays a negative comment about your body? You don't feel so good about seeing them, do you?

It's unfortunate but we, Filipinos, have this ugly and polished, by-the-way habit of making all kinds of comments about other people's bodies. And it's not just people close to you who do it. Even your hair dresser or manicurist, best who has the right things about you body.

It's bad enough when other people are vocal about how you look. It is worse when you yourself make negative statements about your body. That's right—you can be your worst enemy. Not because of any selfish things about you, except of our own identity. This can be just as damaging as not self-esteem as when someone else does it.

Well and Good

Fiona
Dexter



You shouldn't allow other people to make harmful comments about your physical appearance but neither should you live yourself do the same thing. We cannot always control what other people do but we definitely have control over what we do.

Relationships can end up in separation and divorce but, for better or for worse, we are stuck with our bodies "till death do us part." It's the only one we will have in this life and that's why we should cherish, respect and love it. This means giving it sometimes break and regular exercise. It also means accepting whatever "Given" it has that

you cannot change or that would require a drastic change in your lifestyle, if you want to be rid of them. Then you couldn't live a not-so-ideal life anymore.

Grits and bear it

There is nothing wrong with cosmetic surgery or dermatologic treatment and exercise programs to correct these flaws. But, let's face it, there are some things that you just cannot change, like your height, the width of your hip bones and your hair body type. So, at some point, you will have to accept and love your body the way it is. Not just grudgingly but cheerfully.

There are some practical tips to start a love affair with your body, no matter what its shape or size.

• Make a list of what you like about your body and what you don't like. Everyone's physical appearance has strengths and weaknesses. You

Hidden laws of nature

WHY is it that when I think of something I want, it comes to me," asks a reader. Another who loves your site and whom I liked, a third asks if there are mediums or channelers, while a fourth wonders why some people are born blind, others talented and still others very ugly.

All these illustrate the workings of hidden Cosmic Laws or Laws of Nature that govern our lives whether we are aware of them or not, whether we be lame or not, blind, those born as children or adults, they cannot be avoided or eliminated and do not fall within the purview of ordinary science, but they are not.

These hidden laws of nature in Cosmic Laws may be stated as follows: Law of Attraction or Affirmation, Law of Action, Law of Cause and the Law of Compensation.

Let me explain each of them.

Law of Suggestion/Affirmation
This may be expressed thus: "What you suggest or affirm in your mind becomes a reality." This is what governs the process of manifestation...making

things appear out of nowhere.

The law is based on the principle that when human physical reality must be brought about. The great psychic Edgar Cayce says, "What is in the builder, the physical is the result."

Hidden mystery may nothing exists in the physical universe that was not first in the mind of someone. The physical is in the realm of effects, while the mind and the spirit are in the spiritual realm.

For example, before a table is chair becomes what it is, it must first exist in the mind of the carpenter. A carpenter must first come to the mind of the worker. Before the sun, the moon and the stars appear, they must first appear in the mind of God.

By the same reasoning, when a person becomes sick physically, he is already sick mentally and spiritually. When we suggest, affirm or visualize something, it becomes a physical reality for us.

Law of Attraction
This law states: "Like attracts like in the mental and spiritual plane." This is quite the opposite of what happens on the physical plane. The law of mag-



INNER AWARENESS
ANNETTE F. LACOURSE

netic repel. "Like polar repel; unlike polar attract."

The law of attraction gives rise to the saying: "Birds of the same feather flock together." You attract what you are. If you are loving and kind, you will be surrounded by loving and kind people; if you are highly negative and hate that, you will be surrounded by people with similar traits.

So don't blame the people around you. Watch yourself and your thoughts and you will surely receive an immediate pattern.

Law of Compensation
This law is more popularly known as Karma. It means that, "Everything you do will come back to you in full measure, nothing less and nothing more."

Sometimes known as the Universal Law of Justice, Karma is based as in the Bible: "What you sow you reap."

Karma explains why some people are born rich, others healthy, who some are sick, others are poor. A person born poor may have abused his wealth in a past life, so in this life he will have to learn to handle the wise use of money.

Karma means that the karmic wheel that causes "reincarnation" is not only by physical action, but also through thoughts. Even if we only think of hating or killing somebody without actually doing it, we have already initiated a karmic debt. That is how it all works.

We may escape human laws by doing something evil, but you cannot escape the karmic law. You have to live it or pay for it in the next life. You will surely meet the person(s) for whom you owe a karmic debt and you have to make amends for what you have done to him/her. That is why the law of Karma is called the great "balance" or "justice" of the universe.

Law of Causality
This law states: "Everything has a cause, nothing happens by chance."

There are no coincidences. Everything that happens is governed by some causal chain law or principle.

Carl Jung, the great Swiss psychologist, was so intrigued by coincidence that he studied them in depth, calling them "synchronicity." He defined synchronicity as "the simultaneous and meaningful coincidence of two unrelated events."

Causality, according to Jung, might only be the end result of a long series of causally related events. He not only saw the full end, we do not realize it until the conclusion. The law of causality gives an example similar to unrelated events.

Once we have raised or developed out some of ourselves, we will become conscious of and understand fully the hidden laws of nature. Until then, they will remain mysterious to us.

Address letters to this column to P.O. Box 2, 1000 Avenue St., Laguna Village, Westbury City, Calif. 94794-1 or 947999. For information on our services I would like to hear from you. Please write to me at: annette@inner-awareness.com or annette@inner-awareness.com or visit <http://www.inner-awareness.com>. Please to my 60-minute audio program, 7:30-8:30 p.m. every Sunday.

EXERCISE OF THE WEEK



Standing airplane

THIS exercise strengthens and firms up hips and thighs, challenges core stability and improves balance.

- Equipment:**
None.
- Exercise technique:**
1. Stand with your legs slightly apart and your arms extended out to shoulder level.
 2. Take one foot behind the other then slowly lean forward from the hip. Lift your leg behind you and keep your supporting foot slightly bent. This is your starting position.
 3. Carefully reach down with one, then the other, and

leg position, then reach with your other arm like an airplane flying in wing from side to side.

4. Do this exercise number of repetitions.

Performance tips:

1. This is an advanced exercise. Beginner can start by just holding their arms steady to develop balance and strength in the legs.
2. Be aware of keeping the knee joint steady to avoid having the knee pulling on the transverse abdominals.
3. Keep your abdominal muscles lightly held in to stabilize your trunk.

Repetitions:
10-15 to 20 repetitions per leg.

Accept your body

By Annette F. Lacourse

many might tend to be in line you become thin legs.

- It is because about what you don't like, it is because you have not taken care of your body. You might be complaining about having soft skin but you don't do any abdominal exercise to firm it up over your mid-section. It is the same, everywhere on your body.
- Do you dislike your body because you are comparing yourself to someone you admire but who has a totally different body type and start that is not a right comparison and run really hard to transform and do an unhealthy body image. If you feel you need a skin model, choose someone with a similar body structure.
- Take a mirror check and look at the people around you. Healthy thin very few people have "perfect" bodies. Can't be so hard on yourself.
- It is wrong that the models and celebrities you see in fashion and

lifestyle magazines look the way they do because they have the advantage of fashion editors, makeup artists, hairdressers, professional lighting and, sometimes, double help from the dieticians who can do magic with computer editing.

• Learn to use clothes properly to enhance your body's strengths and hide your body's weaknesses. But may not look good in shorts but you look amazing in pants. It took that you help you discover the ways to dress for your body shape to "fit in" to them by Thelma Franklin and Jeannette Gosselin. It offers excellent advice for even the most problematic figure types.

Body acceptance

In love your body, you must be comfortable with your appearance. In previous magazine, Dr. Peter Ramirez, staff psychologist at a the-

most weight and health management center, suggests a body image exercise to encourage body acceptance.

Ramirez says in activities you will always be your image by spending a few minutes a day looking at yourself with clothes on in the mirror. In the first pass, wear less clothes, stand your feet looking at your body completely naked for a few minutes at a time.

Ramirez says many people cringe when they have to look at their bodies, developing negative ideas of how they really look. By looking your body, you conquer them.

This exercise helps you to love your body in a healthy way—accepts your good points, realize to change whatever bad points you wish the power to change and peacefully accept that which you cannot change.